

SLEEP, SLEEP DISORDERS, AND BIOLOGICAL RHYTHMS		
Florida Science Standards - Biology		
Lesson	Standard	Description
2	SC.B.1.4.1	Understand how knowledge of energy is fundamental to all the scientific disciplines (e.g., the energy required for biological processes in living organisms and the energy required for the building, erosion, and rebuilding of the Earth).
2, 3	SC.F.1.4.1	Know that the body processes involve specific biochemical reactions governed by biochemical principles.
2	SC.F.1.4.5	Know that complex interactions among the different kinds of molecules in the cell cause distinct cycles of activity governed by proteins.
All lessons	SC.F.1.4.6	Know that separate parts of the body communicate with each other using electrical and/or chemical signals.
All lessons	SC.F.1.4.7	Know that organisms respond to internal and external stimuli.
4	SC.F.2.4.2	Know that every cell contains a “blueprint” coded in DNA molecules that specify how proteins are assembled to regulate cells.
3	SC.F.2.4.3	Understand the mechanisms of change (e.g., mutation and natural selection) that lead to adaptations in a species and their ability to survive naturally in changing conditions and to increase species diversity.
3, 4	SC.G.2.4.3	Understand how genetic variation of offspring contributes to population control in an environment and that natural selection ensures that those who are best adapted to their surroundings survive to reproduce.
All lessons	SC.H.1.4.1	Know that investigations are conducted to explore new phenomena, to check on previous results, to test how well a theory predicts, and to compare different theories.
All lessons	SC.H.1.4.3	Understand that no matter how well one theory fits observations, a new theory might fit them as well or better, or might fit a wider range of observations, because in science, the testing, revising, and occasional discarding of theories, new and old, never ends and leads to an increasingly better understanding of how things work in the world, but not to absolute truth.
All lessons	SC.H.2.4.2	Know that scientists control conditions in order to obtain evidence, but when that is not possible for practical or ethical reasons, they try to observe a wide range of natural occurrences to discern patterns.
2, 4	SC.H.3.4.2	Know that technological problems often create a demand for new scientific knowledge and that new technologies make it possible for scientists to extend their research in a way that advances science.
All lessons	SC.H.3.4.3	Know that scientists can bring information, insights, and analytical skills to matters of public concern and help people understand the possible causes and effects of events.

2, 4	SC.H.3.4.5	Know that the value of a technology may differ for different people and at different times.
Florida Mathematics Standards – Algebra I		
Lesson	Standard	Description
Pre-lesson, 1, 3	MA.A.1.4.1	Associate verbal names, written word names, and standard numerals with integers, rational numbers, irrational numbers, and real numbers.
Pre-lesson, 1, 3	MA.A.1.4.4	Understand that numbers can be represented in a variety of equivalent forms, including integers, fractions, decimals, percents, scientific notation, exponents, radicals, and absolute value.
Pre-lesson, 1, 3	MA.A.3.4.1	Understand and explain the effects of addition, subtraction, multiplication, and division on real numbers, including square roots, exponents, and appropriate inverse relationships.
Pre-lesson, 1, 3	MA.A.3.4.3	Add, subtract, multiply, and divide real numbers, including square roots and exponents, using appropriate methods of computing, such as mental mathematics, paper and pencil, and calculator.
1, 3	MA.A.4.4.1	Use estimation strategies in complex situations to predict results and to check the reasonableness of results.
Pre-lesson, 1, 2, 3, 5	MA.D.1.4.1	Describe, analyze, and generalize relationships, patterns, and functions using words, symbols, variables, tables, and graphs.
Pre-lesson, 1, 2, 3, 5	MA.E.1.4.1	Interpret data that has been collected, organized, and displayed in charts, tables, and plots.
1, 5	MA.E.1.4.3	Analyze real-world data and make predictions of larger populations by using the sample population data and using appropriate technology, including calculators and computers.
1, 5	MA.E.3.4.2	Explain the limitations of using statistical techniques and data in making inferences and valid arguments.
Florida English Language Arts Standards – English I		
Lesson	Standard	Description
All lessons	LA.A.1.4.1	Select and use pre-reading strategies that are appropriate to the text, such as discussion, making predictions, brainstorming, generating questions, and previewing to anticipate content, purpose, and organization of a reading selection.
All lessons	LA.A.1.4.2	Select and use strategies to understand words and text, and to make and confirm inferences from what is read, including interpreting diagrams, graphs, and statistical illustrations.

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All lessons	LA.A.1.4.3	Refine vocabulary for interpersonal, academic, and workplace situations, including figurative, idiomatic, and technical meanings.
All lessons	LA.A.2.4.4	Locate, gather, analyze, and evaluate written information for a variety of purposes, including research projects, real-world tasks, and self-improvement.
All lessons	LA.B.1.4.2	Draft and revise writing that is focused, purposeful, and reflects insight into the writing situation; has an organizational pattern that provides for a logical progression of ideas; has effective use of transitional devices that contribute to a sense of completeness; has support that is substantial, specific, relevant, and concrete; demonstrates a commitment to and involvement with the subject; uses creative writing strategies as appropriate to the purpose of the paper; demonstrates a mature command of language with precision of expression; has varied sentence structure; and has few, if any, convention errors in mechanics, usage, punctuation, and spelling.
All lessons	LA.B.2.4.3	Write fluently for a variety of occasions, audiences, and purposes, making appropriate choices regarding style, tone, level of detail, and organization.
1, 2	LA.B.2.4.4	Select and use a variety of electronic media, such as the Internet, information services, and desktop publishing software programs, to create, revise, retrieve, and verify information.
All lessons	LA.C.1.4.3	Use effective strategies for informal and formal discussions, including listening actively and reflectively, connecting to and building on the ideas of a previous speaker, and respecting the viewpoints of others.
1, 2	LA.C.2.4.1	Determine main concept and supporting details in order to analyze and evaluate non-print media messages.
1, 2, 5	LA.C.3.4.3	Use details, illustrations, analogies, and visual aids to make oral presentations that inform, persuade, or entertain.
All lessons	LA.C.3.4.4	Apply oral communication skills to interviews, group presentations, formal presentations, and impromptu situations.
All lessons	LA.C.3.4.5	Develop and sustain a line of argument and provide appropriate support.
Florida Health Standards – Health I – Life Management Skills		
Lesson	Standard	Description
1, 3, 4, 5	HE.A.1.4.3	Understand the relationships among physical, mental, emotional, and social health throughout adulthood.
1, 3, 4, 5	HE.B.1.4.1	Understand the role of individual responsibility regarding personal risk behaviors.
1, 3, 4, 5	HE.B.1.4.2	Know strategies for health enhancement and risk reduction.
1, 3, 4, 5	HE.B.1.4.4	Know strategies for improving or maintaining personal, family, and community health.

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3, 4, 5	HE.B.2.4.3	Know how information from peers, family, and the community influences personal health.
Pre-lesson, 1, 4, 5	HE.C.1.4.1	Know various strategies when making decisions related to health needs and risks of young adults (e.g., support-and-reward system).
2, 3, 4, 5	HE.C.1.4.3	Know methods for predicting the immediate and long-term impact of health decisions on the individuals who make them.
4	HE.C.1.4.5	Know how to make positive decisions related to injury, tobacco, nutrition, physical activity, sexuality, and alcohol and other drugs.
1, 3, 4, 5	HE.C.1.4.6	Know various strategies to use when applying the decision-making process regarding healthy habits (e.g., ways to avoid junk foods).
4, 5	HE.C.2.4.2	Know methods for effectively expressing feelings and opinions on health issues.